



## Quality Herbs & Spices

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### Pickled Onions

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A quick, spicy way of pickling onions. Onions prepared by this method need to be eaten within 3 months.



**Serves**

**Preparation Time:** 40 minutes

**Cooking Time:** none

**Herbs and Spices Required:**

[3 heaped tbsp Pickling Spice](#)

**Ingredients:**

approx. 4 lb or approx. 2 kg pickling onions

3 pints / 1.6 litres malt vinegar

Herbs and Spices as listed above

**Cooking Instructions:**

Clean four 1 litre preserving jars / jam jars thoroughly. re-using jars is fine, but they must have plastic or metal lids. Place the clean jars (not any plastic lids) in a hot oven for 5 minutes.

Peel the onions. In a large saucepan heat the pickling spice with the vinegar until hot. Take off the stove and allow to cool with the spices in. Pack the jars half full with onions. Use a spoon to fish out some of the pickling spices from the vinegar and place on top of the onions. Fill the jars with the rest of the onions and spoon over some more spices. Finally pour the vinegar and any remaining spices over the onion right up to the top so that all the onions are completely covered.

Place the lids on tightly and store in cool, dark place for a least 8 weeks. Eat the onions before 3 months.